LOCO MAG

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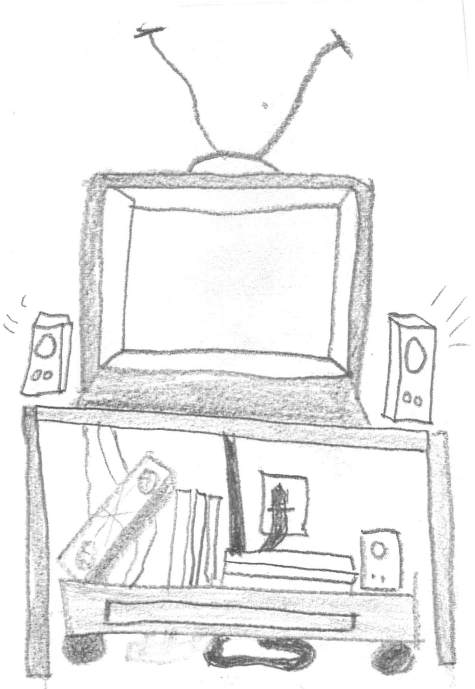


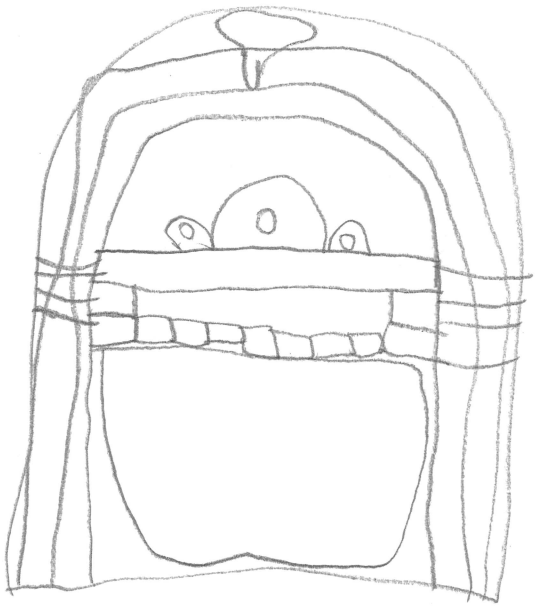


TABLE OF CONTENTS

Bird, "The UNC of Baseball" - 3

Helena, "Polypharmacy isn't just for Uncs" - 6

Aleishka, "For Loco Podcast: I'm Unc" - 8

Marlene, "I'm Just Older than Everyone Here" - 10

MJ, "An Afternoon at Uncle Bobbie's" - 12

Call for Contributors, "Type Shit" - 15

The UNC of Baseball That Has A Real Argument To Be The Goat (It's Not Babe Ruth)

By Bird Parry

The GOAT. A daunting question that baseball fans will debate forever. It's a question of peak performance, statistical accumulation, and contextual significance. In this debate, old players like Ty Cobb, Honus Wagner, and Tris Speaker are essentially shut out because of the era they played in. None of them played past after 1928, hit more than 117 home runs, or faced a fastball above 90 mph. With all this being said, there is one old player with a real argument for the GOAT.

Josh Gibson was the premier slugger and catcher of his day. He played from 1930-1946, and was the best Black player in a segregated game (Jackie Robinson broke the color barrier in 1947). Gibson racked up inconceivable statistical achievements, marvelous single-season performances, and did it all while facing horrid conditions and racism.

As I said before, there are three main components to what makes someone the GOAT: peak performance, statistical accumulation, and contextual significance. The first difficulty in assessing any statistical element of Gibson's career comes from the lack of verifiable statistics. Because so much of black pre-integration baseball relied on barnstorming, the practice of traveling without a strict schedule to challenge other ball clubs to games, and had more fluctuation in terms of the teams in the leagues, statistics weren't as standardized as white baseball. With that being said, Stathead's page on Josh Gibson, has official stats on 602 games, just enough to make statistical arguments with. On top of this, historians have estimates on other totals for career statistics.

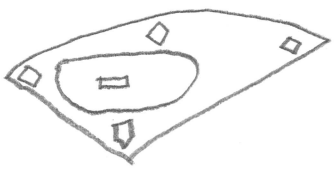
In 1933, Gibson's first full season on record, he put up 4.8 wins above replacement (WAR), a .395 batting average (BA), 18 home runs (HR), and a 217 OPS+. He led his league in WAR and HRs every year from 1933 to 1939. In 1937, he had his best season by power standards, hitting 20 HR in 39 games. If he were to do that over a full season, he'd hit 80 homers. As ridiculous as that pace may sound, it's in line with the myths surrounding Gibson. It's been reported and rumored that Gibson had 70, and even, 80 homer seasons throughout the 1930s. Gibson's best season was probably 1943, when he racked up 6.3 WAR, 20 HR, a staggering .466 BA, and a 281 OPS+ in 69 games. If he had continued that pace over a full season, his WAR total would've been 14.8, and he would've had 45 homers. Gibson's team, the Homestead Greys, also won the championship that year and repeated as champions in 1944. Perhaps this says it best: Gibson's 162 game average is 10.3 WAR, 45 HR, 197 RBIs, a .373 BA, 1.174 OPS, and 214 OPS+. No one has ever done anything like that.

If you look at Gibson's full career, the numbers are equally impressive. He is the all-time leader in most rate-based statistics. His .373 BA, 1.176 OPS, and .719 slugging (SLG) are all first all time. He sits at third all-time for on base percentage (OBP) at .457. In terms of counting stats, he paces for 823 HR and 4,007 hits over his career. The home run pacing is certainly believable, the most historical conservative estimate is 800 total HR. This number would be the highest all time, beating Barry Bonds's 762, and Hank Aaron's 755.

With all that information, you might ask yourself, why isn't Josh Gibson the widely-accepted GOAT? He sits atop the leaderboard for most, if not every major statistical category, how could he not be the GOAT? Well, for one thing, pacing isn't the same as doing. It's entirely possible Gibson hit 823 HR throughout his career, but because statistics weren't kept well enough to know for sure, we can only rely on pacing and historical estimations. On top of this, people will point out that he simply played a long time ago, when the level of play was lower than today.

Here's why none of that matters for Josh Gibson. From a statistical standpoint he maintained excellent numbers throughout his entire career, including when he would've undergone physical decline, so even if his pace slowed down slightly, his stats would be insane. Although Gibson did play a long time ago, he faced real velocity. Pitchers in the 1930s and '40s threw between 80-90 mph, which means some pitchers inevitably threw harder. At the very least, Gibson saw very few soft tossers throwing 70, unlike Ty Cobb.

Something that often goes overlooked is the disadvantages that players from older eras had. For example, medicine, travel, and living conditions were all much worse. It was worse in black baseball pre-segregation, who dealt with longer schedules, more double headers, being sold off to other teams, financial instability, terrible busses, shady hotels, and, of course, appalling racism. These are issues that are lessened greatly in today's game, but Josh Gibson had no such luck.



If you're still not convinced that Josh Gibson faced respectable competition, these are quotes from players who played with or against Josh Gibson, who later made it to the MLB:

"I played with Willie Mays and against Hank Aaron. They were tremendous players, but they were no Josh Gibson" Monte Irvin, Giants Hall of Famer.

"One of the things that was disappointing and disheartening to a lot of the black players at the time was that Jackie - although a great player - was not the best player. The best was Josh Gibson" Larry Doby, Cleveland Hall of Famer.

"You look for his weakness and while you're looking for it, he's liable to hit 45 home runs" Satchel Paige, Monarchs Hall of Famer.

The thing you've probably been thinking about this whole time, what about Babe Ruth? I've mentioned Mays, Aaron, and Bonds (the other people who are usually mentioned in the GOAT conversation), but what about the Bambino? Fastball velocity in the 20s and 30s was mostly in the 80-85 mph range, lower than what Gibson faced. He undoubtedly played in better conditions too, given the racism of the time, and he, like Gibson, never played in integrated baseball. The only difference is we know Ruth's statistics, and we can only guess at Gibson's, but we can guess well. Josh Gibson was simply better, whether it be by the small sample sizes we have, the pacing math I've done, or the folklore told through generations.

Polypharmacy Isn't Just for Uncs

By Helena Swiderski

Every morning, I take six pills.

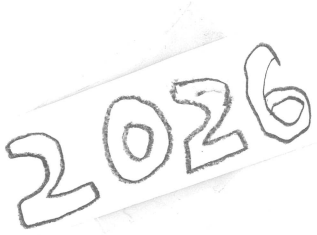
And what you don't realize before you require six pills to function is that it's actually a fuck ton of pills! It's so many, in fact, that doctors have a special word to describe it — polypharmacy. It's the regular use of five or more medications, and it's associated with lots of negative health outcomes — drug interactions, medication non-adherence, prescribing cascades, and even hip-fractures. It also describes the treatment regimen of a third of U.S. adults over 60.

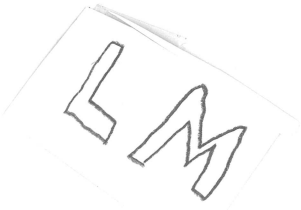
And it describes me. So why aren't I in the literature?

When I first thought of what to write for this issue, I wasn't thinking of writing about polypharmacy at all. Instead, I wanted to test hacks for remembering to take medication — something that I've been trying (and failing) to get better at. I mentioned polypharmacy once in an introductory sentence, and that throw away line led me down a rabbit hole of journal articles and reports that left me wondering, where are the young people?

Type 'polypharmacy' into Google and look at the results on the first page. The sites you find will be geared at geriatrics. Occasionally, they'll include a line about "at-risk younger people," only to leave them relatively unaddressed in the rest of the paper. This all would give you the impression that polypharmacy just doesn't affect young people, and the ones it does affect aren't impacted in a way that warrants mentioning.

But polypharmacy impacts 4% of Americans between the ages of 18 and 24. That's 1.2 million people, a number that is likely to rise as chronic illness increases among the population. Three-fourths of 18-24 year olds with polypharmacy use psychotropic medications (drugs that treat mental health disorders), where drug interactions can be deadly and adverse reactions can cause increased suicidal ideation and cardiac arrests. Scarily, a report from the University of Pennsylvania found that these dangerous drug interactions may be happening in up to 26% of psychotropic drug users.



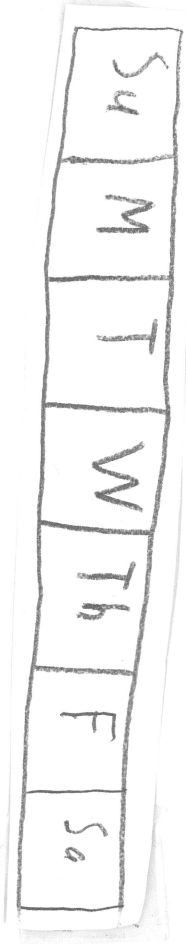


So polypharmacy is very much not just a problem of those 60 years and older, and the effects it has on young people aren't dismissable as less dangerous. There should be more research on this.

There should be more public awareness of this.

My medication regimen has been polypharmaceutical for about a year and a half, and it's changed a lot over that time. Twice now, a pharmacist has had to call my doctor and explain that the combination of medications they called in had serious interactions. Once, the pharmacist refused to fill the script on the grounds that the combination could kill me. A few weeks back, I learned that one of the medications I'm on decreases the effectiveness of another. I've been on that medication for at least eight months now. I don't particularly mind (I just take two doses of my industrial grade vitamin D supplement now) but you would think I'd have been informed of this at some point!

I'm a big fan of pharmacy. I think, for most disorders, drugs provide the most effective treatment, and the current zeitgeist of skepticism towards medication is ill-informed and dangerous. (No, your sunscreen isn't going to kill you, your birth control won't give you cancer, and no, RFK Jr., Tylenol doesn't give kids autism). I also can't ignore that the US has a problem with doctors flippantly prescribing medication without doing their due diligence. And while the medical community has put a lot of effort into researching and defining solutions for this when it comes to old people, they've left the youths in the lurch.



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HELLO.

WE ARE *LOCO MAG*:

WE'RE AN INDEPENDENT PHILLY LIFESTYLE MAGAZINE

WE'RE LOOKING FOR WRITERS, PHOTOGRAPHERS, VIDEO EDITORS, GRAPHIC DESIGNERS, PODCASTERS, COLUMNISTS, ZINESTERS, EVENT PLANNERS, AND CREATIVE PEOPLE OF ALL TYPES TO MAKE COOL THINGS TOGETHER.

YOU SHOULD JOIN!

REGISTER FOR CM120

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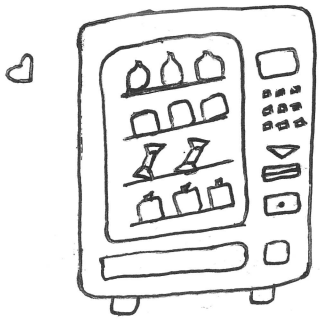
UNC 101: I'm Just Older Than Everyone Here

By Marlene Adelman

My first semester at Arcadia was in the spring of 2019. President Nair was almost as new to the school as I, Financial Aid lived in the One-Stop Shop in Taylor Hall, and the vending machine in Murphy Hall was slightly more cooperative (and I do mean slightly). I will officially graduate next spring— in 2027. It's safe to say that Arcadia and I are old friends.



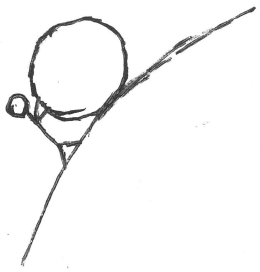
To summarize briefly, I had two surgeries between 2020 and early 2023, which meant that college had to be put on the back burner for a bit. Oh, and there was that life-altering pandemic (which delayed one of the surgeries for a few months).

Since returning in the fall of 2023, I became instantly aware of a disconnect I hadn't felt before in school. Although, at the time, I was only a couple years older, my age was showing. It's not that being 26 itself is old. When I graduate and start working I'll probably feel like a freshman again. But being older than almost everyone else in the room somehow turns a few years difference into decades.

Being the eldest student has felt frustrating at times. Not necessarily because of others, but because of me. In the four years I had been away, I had experienced a lot of

"real life".

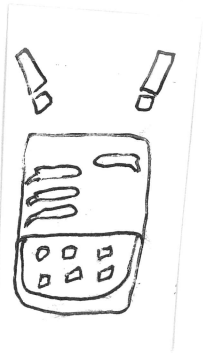
In my very first class back I sat next to three freshmen. It was so interesting to see their excitement of "what's next." Already they had started thinking about which year was best to intern, where they wanted to study abroad, and if their majors could equal working in other countries. Me? I was trying to sustain whatever came next.



Personal experiences had made me more aware of the unfairness that could come with uncertainty. I couldn't help approaching each new day, week, semester with caution. As we got to know one another, I couldn't connect with their enthusiasm for the future.

While it has been a bit socially isolating, coming back to school with a different frame of mind has been useful academically. They say that as you get older, you become a version of your parents. Since returning, I've found myself eager to stay in and sleep early, annotate textbook readings, triple check grammar, and get feedback on multiple drafts. Now that could be me slowly morphing into my mother, or it could be crossing off the never-ending homework checklist. (Shoutout to Michael for the feedback and the weekly readings.)

Still, I must acquiesce, being around the young folk (even the 19 year olds), has been helpful too. Perhaps it's silly, but participating in group chats that amass 30+ messages in a few minutes, being filled in on gossip right before class starts, and seeing three separate people do the 6-7 motion on the Green has kept a part of me optimistic, young, and a little lighter.



And in a heavy world that almost always demands us to grow up, that's something worth appreciating.

An Afternoon in Uncle Bobbie's Coffee & Books

By MJ Lubrun

Bookstores, to me, have always been a second home. I love everything about them. I love the smell of old rusty books. I love the rows and rows of stories stored on glossy hardwood oak shelves. I love the welcoming workers, always ready to lend out a recommendation or lead the way to a tale that will change your life. And what I love the most: The people. Bookstores have a way of cultivating a group full of people who have a certain kind of hunger that can only be tamed through by padges of ink.

I also love cafes-who doesn't like a good cup of coffee?

So in the spirit of books, uncles, and Black History Month, I decided to visit a black-owned bookstore called Uncle Bobbie's Coffee & Books to get the best of both worlds.

Mark Lamont Hill, the founder of Uncle Bobbie's Coffee & Books, opened up the bookstore in 2017 in memory of his late uncle, Bobbie Lee Hill. Growing up, it was his uncle who fostered his love of reading and taught him to challenge the world he had been thrust into- and to understand the world even better through black books and black stories. Because of this, Hill opened this store with the intention of making it a community-filled place, yes, but also a place that is filled with Black voices and stories, to give to the area what his uncle had given to him.

Uncle Bobbie's Coffee & Books is a store made to fit the community of Germantown. Filled with a range of literature from children's books to literary classics, with an emphasis on black authors, Uncle Bobbie's is a place that invites black readers, writers- everything to come in and get lost in the hundreds of books and a small cup of coffee (maybe 2) with open arms.

———————————————

On Wednesday, with 20 bucks and a dream, I grabbed my friend and headed off to Uncle Bobbie's. From the minute I walked in, I was greeted with a comfortable hum of murmurs and the scent of espresso floating in the air. To my right was a display of Beloved by Toni Morrison and a few other books on a shelf. Right by my head was a blown-up poem by Nikki Giovanni called Nikki-Rosa. As I looked around, I saw that the store was already well filled. We arrived around 12:30 pm, not the silent hour by any means, but it was a bit more crowded than we thought it would be for the time. After looking around at the front area and quickly browsing their menu, my friend and I ordered some drinks and a few pastries, then headed over to a seat by the window to settle in.

As we dug into our snacks, we sat and watched the life of the shop. We witnessed a mini-rush, and I sent out my thoughts and prayers as a barista myself. We saw the people that came in, ranging from a young teenage girl doing her homework with the company of a latte, to a pair of older women browsing around and debating on which book they would love to indulge in for the day. We saw the way that the workers interacted so comfortably and familiarly, not

just with each other- but some of the customers as well. Within the span of 30 minutes, we came to Uncle Bobbie's as a staple within the Germantown community. The solace felt in the space was not something that you could fabricate- it is impossible to feign the complete air of comfort that was felt and exuded by everyone who walked in.

Something that both my friend and I had noticed as well was that it was the first time that we had seen so many black people in this area of Philly. Seriously. Keep in mind that I am speaking as someone born and raised in New York, with my main exposure of Philly being little Glenside, and the occasional trip into center city. For both my friend and me, it was something that we didn't see often, if not at all. It's amazing how the seeds that Hill had planted for this store, now just a few years later, have fully ripened and become a space safe for black people to just be.

The more that I sat, the more curious I became about the inner workings of the shop. I wondered what this place means to someone who frequents here, and the impact of Uncle Bobbie's on someone who is around to see it grow day-to-day. So I sat down with one of the workers, Brandon Moulden, and talked about what this place means to him, and a few other things.

As a worker at Uncle Bobbie's for a year and some change, Moulden said that what drew him to this job was the shared values of everyone in the space. As an artist himself, it was imperative that he be in a space that was well aligned with literature, art, and culture. I had asked him how he likes the space of this coffee-bookshop- how it interacts with the community and how the community interacts with it. Moulden replied, "I think I like that it just feels safe. We get so many people here throughout that week, that aren't just coming in for a cup of coffee. They're coming to be around people who either look like them, and/or stand for what they stand for as well. And I think that is something kind of beautiful in itself that we are able to provide for the neighborhood."

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While the time was steadily moving, my friend and I had to leave to make it to our next class. (Spoiler: We were 30 minutes late...) As we started packing up our stuff, I took one last look around and took in the magic of the space, and made plans to hopefully come back once more. After everything, I think their slogan stands tried and true- it was full of cool people, dope books, and definitely great coffee. Thank you to everyone who are a part of the Uncle Bobbie's crew that put so much effort into making the shop a safe space for anyone to walk in- and specifically for black people to feel comfortable to just be without a hint of fear looming over them. And a super-duper special thanks to Brandon Moulden for taking the time to sit down and chat with me!

(PS. Also, there was no way I was leaving without asking Moulden his top 5 books, what kind of bookfreak would I be if I didn't? Here are some of the books he named,

O Sinners! By Nicole Cuffy

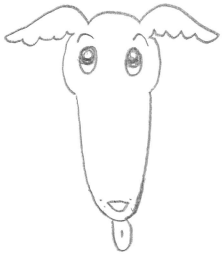
Sula by Toni Morrison

Martyr! by Kaveh Akbar

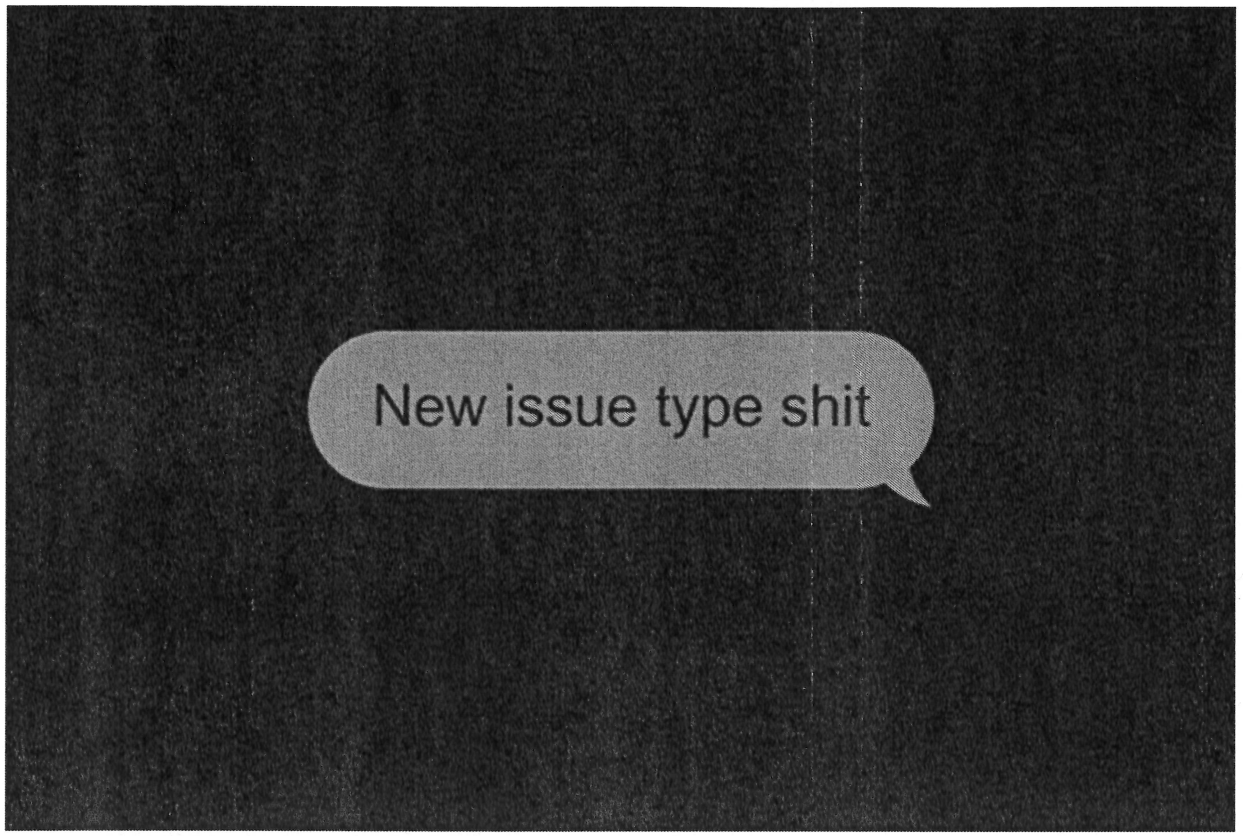
Black in Blues by Imani Perry

Where Are You Really From by Elaine Hsieh Chou

With an honorable mention to *How to Write an Autobiographical Novel* by Alexander Chee. After our conversation, I picked up some books that were on my TBR, and made it a goal to come back and pick up some that Moulden had loved.)



CALL FOR CONTRIBUTORS



Loco is looking for contributions for issue #90: TYPE SHIT. According to Urban Dictionary user H4V0K_864x, the phrase "type shit" can be defined as "a colloquial term that is used in conjunction with a phrase, idiom, verb or adjective to quickly summarize a given scenario."

There is a lot to talk about here, and it's not just limited to Internet slang terms. Perhaps you want to talk about something cool you've just discovered, or maybe the nature of online interactions in general. In its current form, type shit is generally used as a phrase to describe virtually any scenario, so this is your chance to talk about typing on a keyboard, using swear words in various settings, or anything in between.

Tell us what type of shit you on. Go to http://locomag.submittable.com and follow us @locomag.

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